

What is claimed is:

1. An information medium associated with a food and drink, including the information medium such as a package or the like of a meal menu and the food and drink, wherein information showing an ingested energy of each food and drink is patterned in a predetermined format and recorded.

2. A health control terminal, which is formed so as to be portable, comprising:

reading means for reading a record, which is patterned in a predetermined format as information showing an ingested energy of a food and drink in an information medium associated with the food and drink;

decoding means for decoding the ingested energy of said food and drink from said read information of the reading means;

transmitting means for transmitting a radio signal for transferring the energy information, which is decoded by said decoding means, to a predetermined device;

receiving means for receiving a radio signal to be returned with respect to the radio signal, which is transmitted by said transmitting means, as health control information of a person who brings the health control terminal with oneself associated with the ingested energy of said food and drink; and

informing means for informing the health control information, which is received by said receiving means.

3. A health control terminal, which is formed so as to be portable, comprising:

reading means for reading a record, which is patterned in a predetermined format as searching information for searching an ingested energy of a food and drink in an information medium associated with the food and drink;

decoding means for decoding said searching information from the read information of the reading means;

transmitting means for transmitting a radio signal for transferring said searching information, which is decoded by the decoding means, to a predetermined device;

receiving means for receiving a radio signal to be returned with respect to the radio signal, which is transmitted by said transmitting means, as health control information of a person who brings the health control terminal with oneself associated with the ingested energy of the food and drink, which is searched by said searching information; and

informing means for informing the received health control information, which is received by said receiving means.

4. A health control terminal, which is formed so as to be portable, comprising:

physical exercise quantity measuring means for measuring the physical exercise quantity of a person who brings the health control terminal with oneself;

reading means for reading a record, which is patterned in a predetermined format as searching information for searching an ingested energy of a food and drink in an information medium associated with the food and drink;

decoding means for decoding said searching information from said read information of the reading means;

transmitting means for transmitting a radio signal for transferring the physical exercise quantity, which is measured by said physical exercise quantity measuring means or the searching information, which is decoded by said decoding means, to a predetermined device;

receiving means for receiving a radio signal to be returned with respect to the radio signal, which is transmitted by said transmitting means in order to transfer the searching information to a predetermined device, as health control information of a person who brings the health control terminal with oneself associated with the ingested energy of the food and drink, which is searched by said searching information; and

informing means for informing the received health control information, which is received by said receiving means.

5. A health control terminal according to claim 2 or claim 3 or claim 4, having a function of a cellular phone to enable a phone call by voice.

6. A health control terminal according to claim 2 or claim 3 or claim 4 or claim 5, having means for inputting and setting the information, which is decoded by said decoding means, as various parameters, which are necessary for the operation of said terminal.

7. A health control terminal according to claim 2 or claim 3 or claim 4 or claim 5 or claim 6, having a detachable storage medium and means for reading and writing the information, which is necessary for the health control of said person who brings the health control terminal with oneself, with respect to said storage means.

8. A health control support system comprising:
a health control terminal to be brought with a person who requires a diet therapy and health slimming;

a control device having a data base, in which the information associated with the health of each person who brings said health control terminals with oneself is stored; and

a network for enabling transmission and reception of the information between said health control terminal and the control device; wherein said health control terminal comprises reading means for reading a record, which is patterned in a predetermined format as information showing an ingested energy of a food and drink in an information medium associated with the food and drink, decoding means for decoding the ingested energy of said food and drink from said read information of the reading means, transmitting means for transmitting a radio signal for transferring the energy information, which is decoded by said decoding means, to said control device, receiving means for receiving a radio signal to be returned with respect to the radio signal, which is transmitted by said transmitting means, as health control information of a person who brings the health control terminal with oneself associated with the ingested energy of said food and drink and informing means for informing the health control information, which is received by said receiving means; wherein said control device is constructed in such a manner that it returns the health control information, which is necessary for the diet therapy and the health slimming of said person who brings the health control terminal with oneself, associated with the ingestion of said food and drink and stores the ingested energy information of said person who brings the health control terminal with oneself on the basis of the energy information to be transmitted from said health control terminal

and the information of the person who brings said health control terminal with oneself, which is stored in the data base.

9. A health control support system comprising:

a health control terminal to be brought with a person who requires a diet therapy and health slimming;

a control device having a data base, in which the information showing an ingested energy of a food and drink, which is provided by a catering establishment and the food and drink, which is sold by a delicatessen shop is stored in advance; and

a network for enabling transmission and reception of the information between said health control terminal and the control device; wherein said health control terminal comprises reading means for reading a record, which is patterned in a predetermined format as searching information for searching the ingested energy information of said food and drink in an information medium associated with the food and drink, decoding means for decoding said searching information from said read information of the reading means, transmitting means for transmitting a radio signal for transferring the searching information which is decoded by said decoding means, to said control device, receiving means for receiving a radio signal to be returned with respect to the radio signal, which is transmitted by said transmitting means, as health control information of a person who brings the health control terminal with oneself associated with the ingested energy of the food and drink, which is searched by said searching information and informing means for informing the health control information, which is received by said receiving means; wherein said control device is constructed in such a manner that it returns the ingested energy

information of the food and drink, which is searched by the searching information to be transmitted from said health control terminal, in the energy information of the food and drink, which are stored in said data base, as the health control information, which is necessary for the diet therapy and the healthy slimming of said person who brings the health control terminal with oneself and stores the ingested energy information of said person who brings the health control terminal with oneself.

10. A health control support system according to claim 8 or claim 9, wherein said network is connected to a terminal device of specific institutions including a medical institution for instructing the health control to the person who brings said health control terminal with oneself so as to access the ingested energy information of each person who brings the health control terminal with oneself, which is stored in the data base of said control device.